



Friday 15th August 2014

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*You would ask for it to be cut off
if you don't get charged for it*
ALLIS MOSS
Page 12

*Win two tickets to see
The Expendables 3*
COMPETITION
Page 20

*Win a meal for 2 at Murray,
at the Ship Hotel*
COMPETITION
Page 22

Edge of DISASTER

>> Pagham residents say they are in a highly dangerous situation

By Sarah Todd
REPORTING FROM THE SCENES OF DISASTER

LEACH FRONT HOME CRASHES
as Pagham residents find properties are under threat after sea defences were damaged for the second time this year.

The defences at Pagham, near Chichester, were washed away after the tail end of Hurricane Bertha caused further beach erosion at the resort.

Sea defences were completed in December, but damaged by storms later the following month.

About 500 (yds) of the sea (yds) beach was washed over the road.

Earlier this year, the Environment Agency pledged Exmouth and Arun District Councils £50,000 to repair the defences after the damage in January.

Mayor Stephen, lead member at Arun District Council, outlined the short-term solution to the latest damage, and said that contractors would arrive on Thursday morning with more shingle for the beach.

"We've also been in close contact with the Environment Agency and they've pledged 500 tonnes of rock, also arriving tomorrow morning, to help bolster up the defences," he said.

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About 500 (yds) of the sea (yds) beach was washed over the road.

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12 YEAR-OLD COAL
FROM CHICHESTER

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SIX OF SEVEN
BUSINESS SITES
IN PURCHASE

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CHICHESTER'S TALK
A TALK ON THE PART OF
COUNCIL'S BUS SERVICE

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Pagham residents say they are in a highly dangerous situation



But residents say the only long-term solution is to create a hole in the shingle spit, which has grown substantially in recent years, encroaching further.

Daniel Hartley, chairman

of Pagham Beach Friends' Association, said: "The business of shingle management – writing to me what happens. I will leave it to the lot minute and past."

"We are in a highly dangerous

situation. These people in small houses have lost sleep all hours, and they could lose another six or seven feet high tide."

"I think it's extraordinary"

The amount said it did not believe



breaching the spit would be a viable long-term solution.

The 'New Pagham Beach' Facebook page commented on their site: "As AGC continues to ignore their own trigger points and the plight of residents living on the edge, all we can do is look at it in dismay, bewilderment, frustration and anger. The time this photograph pictured was taken it was just minutes before peak high tide, and just was metres of beach remained in front of some properties. In no time or not it could be a lot less. Think perhaps that the

weather wasn't as bad as predicted, otherwise there is no doubt that properties would have been lost. And let's get facts straight, because this weather had been forecast for a good while. It was not unexpected, and there was plenty of time to react. So why was nothing done? And how on earth does AGC's Engineering Services Manager think he's going to save those properties during the winter months by despoiling shingle in front of doors? They've been told at the edge of disaster in AUGUST, for goodness sake!"

Watch stolen from dying man at Chichester hospital

POLICE ARE INVESTIGATING the reported theft of a valuable Rolex watch from a dying patient at a West Sussex hospital.

Earlier Thursday (August 10) 65-year-old David Dimes of Brighton, near Chichester, was brought by ambulance to St Richard's Hospital in Chichester following from a serious heart condition. Sadly he died at the hospital a short while later.

However, it came post between him and a nurse while he was being attended to in the Intensive Care Unit adjacent to A&E, the watch disappeared and despite a thorough search of the area, and checks with staff

who were on duty at the time, it has not yet been found.

Police are tracking the disappearance as theft and Detective Constable Mark Burgess said: "This is a silver Rolex Oyster Perpetual Datejust, valued at some £2,000, but, even more importantly, was treated as a family heirloom, having been in the family since 1917. If you have any information about the theft, or if you have been offered such a watch lately since last Thursday, we would very much like to hear from you. Contact us via confidential@chichester.gov.uk or call us, quoting serial 6936 of 796. You can also call the independent charity

Crimestoppers on 0800 555 111.

"Although Mr Dimes was in the Intensive Care Unit at the time, someone else could have entered while staff were on duty on ongoing for his care."

Mr Dimes' son John said: "As a family we are devastated at the loss of David and cannot believe that this has happened during our time of grief. We would appeal to anyone who has information about the missing watch to come forward. David clearly loved the watch and on his last day he added to the stress and grief that the family are already going through."

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Anorak Corner

Increasing range of information on Chichester

Carleen Nesbitt is the oldest actress to have appeared on the Chichester Festival Theatre stage; she performed in Festival 1978's *The Aspern Papers* aged 90 years old

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Man jailed for raping 12-year-old girl from Chichester



John Berry

A MAN has been jailed for six years for raping a 12-year-old girl from Chichester.

John Berry, 34, of Wyndham

Avenue, Edburgh, pleaded guilty to rape when he appeared at Hove Crown Court on Monday (4 August). He also admitted causing a child to engage in pornography.

The court heard how in January this year, Ashley met his victim online and over the next five weeks met her twice in Sussex. Then on 6 March, he travelled from Edburgh to West Sussex and met the girl very late at night.

He took her away from her home in a rural area near to Horsham, Hampshire, where he raped her. As he was driving her home, the family had just discovered she was missing and had called the police.

Ashley was arrested nearly three years ago when officers answered his mobile phone. They found evidence that he was in the room at the time of the offence.

As well as his six-year sentence, Ashley was ordered to sign the sex offenders register and be subject of an indefinite Sexual Offences Prevention Order, which will restrict his access to children.

Detective Constable David Mudge said: "This was a particularly nasty case, with Ashley taking advantage of a young, vulnerable girl. The sentence imposed reflects the tough stance the justice system takes against people who commit offences against those that are vulnerable."

"Even when Ashley is released from prison, the Sexual Offences Prevention Order (SOPO) imposed by the court will ensure he remains closely supervised."

Antiques stolen from house in Chichester

POLICE are appealing for witnesses after a number of antique were stolen from a house in High Road, Chichester, between 10pm on Saturday 25 July and 5pm on Sunday 26 July.

The stolen antiques include furniture, decorative plates, vases, books, brass candlesticks, coat hangers and a silver parrot statue.

A window was broken to get into the house.

Any witness or anyone with information is asked to call us or email 101@westsussex.police.uk quoting serial 436 of offence. Alternatively, call the independent charity CrimeStoppers anonymously on 0800 022 114.

Man arrested for exposing himself

A 32-YEAR-OLD man from Sognor has been arrested on suspicion of exposing himself to two women in Sognor.

The offences were all in the Victoria Drive area of the town on November 10, November 30, January 23, January 30, February 4, July 3.

July 16, July 22 and August 4.

The offences all involved a man exposing himself to small groups of women between 20.00pm and midnight but would never try and speak to them.

The man has been bailed until 14 October.

Man who absconded from Ford Prison recaptured within 24 hours

A MAN who absconded from Ford Prison has been returned to custody less than 24 hours later.

Lowry Berry, 22, absconded from the prison at some time between 1pm and 2pm on Wednesday (6 August).

Berry, formerly of Tice Road,

Sittingbourne, had been jailed for four years and six months in February 2009 after he and three teenagers attacked and robbed an 18-year-old in Buckingham Road, Sittingbourne.

All four defendants were jailed for their part in the attack.

Officers were told Berry was

missing at 5.45pm on Wednesday by prison staff.

Berry was back in prison after passing from officers, working with the prison service, persuaded him to go himself up.

He was charged with escaping from local custody and remanded

in custody to appear at Crawley Magistrates' Court on Friday 10 August.

Detective Inspector Dave Green said: "Thanks to good work from officers watching a number of possible witnesses and people who know Berry, he handed himself in."

at Southwick police station the day after absconding.

"We are determined to catch and arrest every person who absconds from prison or who fails to return after being allowed out on home bail and are grateful to the media and the public for all the help they give us."

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Overhanging trees a thing of the past on county's bus routes



NEED SURGE County Council and 25 private bus companies are providing a double-decker solution to the problem of overhanging trees on the county's bus routes.

The Tree Task will become a familiar sight on West Sussex roads over the next three weeks as work to clear away the county's overhanging vegetation affecting tall buses and other high vehicles.

The former double-decker passenger bus has been converted by the county and joined to West Sussex County Council to deal with

the problem.

The top deck is used as a working platform where tree surgeons use specialist tools to cut back overhanging branches.

The debris is passed down through a chute to the deck below where it is then treated and stored.

A lot of the county's roads which are affected by overhanging trees and form part of the local network has been supplied by local bus companies.

The team, which consists of up to three men, works on a daily basis, with

their work up and down the routes during as much of the problem weather as possible.

The majority of the overhanging trees are privately owned and would not normally come under the council's responsibilities.

However, it is felt that contacting such owners individually would be time-consuming and could be not worth such an exercise.

The team that working the affected roads have given two steps where they could start to cause damage to high vehicles and buses,

posing a danger to passing on the road is being funded from the County Council's highway budget.

Paul Mearns, County Council Cabinet Member for Highways and Transport, said: "This is a truly brilliant and effective way of keeping our bus routes clear and solving the problem of overhanging vegetation which can cause a lot of damage to buses and other high vehicles that use the roads."

Taking place when a highway is being worked, the work will ensure that our county's bus routes are kept clear and remain safe for their drivers and passengers that use them."

The Tree Task will be in Goring this week having already completed work in the Chichester area and Midhurst. It will then move on to the areas of Havant, Chichester, Bognor and Bognor Regis next week.

Tuck into Chichester's Food Fare

RESIDENTS will have the opportunity to support their local food producers when Chichester's Local Food Fair returns to the city from Friday 29 August to Sunday 30 August.

The event will celebrate local food and give people the chance to find out about the benefits of growing their own food, as well as the benefits of buying local produce.

Over 45 local traders will be based on North Street and East Street, in Chichester city centre.

Shoppers will be able to choose from a range of specialist cheeses, seasonal locally grown vegetables and that, raised meat and caught game, and a wide range

of handmade foods. Some of the local focus at the event will include selling plants and flowers.

Opening hours are 10am - 5pm on Friday (29 August) and Saturday (30 August), and 10am - 4pm on Sunday (31 August). For the latest information about Food Fare website: www.chichester.gov.uk/foodfare or call 01243 951000.

If you would like to receive updates about the Food Fare and other Festival Market activities, sign up to the Festival Market club for free. Simply email festivals@chichester.gov.uk

READER OFFER

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29 AUGUST 2014

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A five course lunch is at the Radisson Hotel in Buckingham Palace Road.

In the afternoon we have our tour of Clarence House in the official residence of the Prince of Wales and the Duchess of Cornwall. Refreshments and a picnic basket in August with a picnic official rules, Clarence House is the last remaining great, grand house to be considered in value for the purpose, for which it was built. (Use national code of Clarence House last for the 2014).

Pickup notes: Book thank is a no lunch option available on this tour.

Pick up in Chichester, Bognor Regis, North Basset, Bognor Regis, Littlehampton & Buxington

Park Road, Bognor Regis, West Sussex, PO21 1PX

Residents warned of property banding scam

RESIDENTS in Chichester District are being warned to be vigilant following a number of complaints about bogus calls claiming residents' properties are in the wrong rating band.

The scammers will offer to challenge the banding on a resident's behalf often for a fee. The scammer will make a call to the council and claim to be a council officer, making the challenge at all.

When the person's bank details are given, the scammer will claim to be a council officer and that they can provide a refund but instead they take money from the account.

Offering a refund as a scam, telling them they must have one by law in order to challenge the banding, when they are not the one at all.

Following calls to the council, the council will be informed, Chichester District Council is urging people not to give any bank details over the phone and to not any telephone. If you are contacted by a scammer, please call the council or report it to the police.

Chichester District Council Council has been on 01243 951000 or email scams@chichester.gov.uk.

Chichester District Council Council has been on 01243 951000 or email scams@chichester.gov.uk.

Any person who receives a call from a scammer should report it to the council or report it to the police.

In some cases, scammers may offer to make a call to the council on your behalf. If they receive a call, the council will be informed, Chichester District Council is urging people not to give any bank details over the phone and to not any telephone. If you are contacted by a scammer, please call the council or report it to the police.

Councilor Tracy Dugan, Chichester District Council Member for Finance and Governance, said: "We are urging residents to be extremely careful and not give out any details over the phone. If you are contacted about the banding of your property, please do not give your details to anyone. If you are contacted by a scammer, please call the council or report it to the police."



Residents in this area and we would certainly not add any businesses and add for that bank details would not be given to anyone and then keep an eye on other residents or businesses. Anyone concerned about a call should report it immediately."

For more information about these types of scams, go to the Council's website on the website or call 01243 951000.

Politics has no place in the arts

As someone who once went to drama school, Dublin, and whose only contact now with the stage is looking up at it from the stalls while struggling with a tub of chocolate ice-cream in my lap, I've sometimes been alarmed at the unbecoming behaviour of one of our north London



Allis Moss
On the Case

theatre suggested "high-party chloctact" — that's complaints to you and me — with the Arts Council that finds the Theatre theatre should encourage the same bad chloctact as a Jewish film festival, leaving it alone to give up £6,000 from Jewish culture budget towards the independent event, which shows films of all kinds and all views.

At stake is not only the ability of one municipality in Britain to defunctify, but artistic autonomy for all of us in the UK as a whole. The fact that I've written about this

in the Herald and you can choose to read it or not or agree with what I am saying or not at the moment of why the statement may separate from the "thought police" who want to do our thinking for us. Political posturing or misdirection as theatre, film, music or any of arts has no place in Britain. It is best left to unentertained British past and present elsewhere.

Double standards

Another reason why the London theatre would have done better to steer clear of politicising the festival was because it attacks

of hypocrisy after showing films funded by the Chinese government with the human rights record that it has.

Not only double standards but more than double-bubble too: the Theatre received millions from the tax payer to control government funding through the Arts Council during the Iraq War. It got £1.46 million during Britain's official military operations in Iraq, and more than £10 million until all troops left which it apparently never felt it should hand back.

Something joyful

With all the block news this week, it was good to have a moment of joy. Did friends, look in their section, finally read the book, with the book in an all-white gown, dated at getting her own. They'd been together for many years, but finally decided to make it

official. The bride cried when she introduced her chap to husband to us all for the first time. It was good to shed tears of joy instead of sadness — for a change.

Stalks

Also this week, an interesting dilemma arose in Chichester's M&S on East Street. As I stood there, weighing up whether to buy a bag of carrots, a man addressed me. "I'm not the first time I've been approached by a member of the opposite sex over the bagpipes." "Why should I pay for that happy stuff?" asked my fellow shopper, picking up a large bunch of lemons and breadmaking oil. "For free." "I suppose you could ask for it to be cut off so you don't get disrupted for it?" I answered. "No, I'd think I'd just don't expect it."

declared the important basket of stalks was my. He was clearly a fan of Ray Moore and, equipped to forage in the wild as well as at the vegetable counter, produced a three-arm package and cut the balloons stalk off himself.

And finally

I bought a microfiche from Books called Hilda with the only flower of negroes near. There was no explanation mark and no introduction to the magazine of the same name as far as I know. It was the book's own job to pull the cover and off inside the cap, when I saw a water bottle lid on an tightly before putting it in my bag that I think I'd owed a week to get it off again, the one thing I can be sure of is that it will look everywhere.

Contact Allis: 01243 811111 or allis@chichesterherald.co.uk

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Photo of the week

#Chichesterphoto

Chichester Harbour

John Redding (@jredding)

Don't Miss: Chichester Harbour photo by John Redding

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Chichester team reaches Rio

A TEAM from Chichester District Council has travelled all the way from London to Rio in a virtual journey, to take the winning prize in the Roadmap Rio workplace challenge.

Team Seabreeze was the first West Sussex team to reach Rio and received their prize from West Sussex County Council's Cabinet Member for Community Wellbeing Christine Pridel.

Each of the team members, Greg Duffin, Glenn Edwards, Lucinda Duggan, Angela Baker and Melissa Hancock, received a pair of Rio flip-flops, Roadmap Rio t-shirt and gym membership at Super Gym.

Glenn said: "Congratulations to the team on their achievement. More than 300 teams signed up to travel the virtual journey from London to Rio, as the city hosting the football World Cup final, and completed physical activity on route."

For the second year running the challenge has been a terrific challenge for local companies. One of our Council aims is to increase the number of local people who take part in regular exercise and Roadmap Rio



Ch. Pridel (left) Lucinda Duggan, Christine Pridel, Greg Duffin and Glenn Edwards

has proved to be a really interesting way to get people interested in new sporting activities."

From walking to football, Gloucestershire Roadmap Rio converts all exercise into miles and blue points on their virtual route from

London to Rio. All activities logged on the website of www.roadmaprio.org or via the smart phone app.

After the challenge ended, the final statistics show:
(Total activities logged 64,305,
(Total kms logged 36,993,908) so

minutes

Total miles covered 3,888,079
Total volume burned 323,070,000
Charity enough to power a
Roman Leaf electric car for
approximately 122,000 miles.
Gloucestershire Roadmap Rio

said: "We all really enjoyed the challenge and we learned that we can be quite competitive. We each had our favourite sports, from hockey to tennis, to horse riding, to nightcycling. The team decided going out for refreshing our lunchtimes, as this was something we could do together regularly. It brought conversation into the workplace as we had another team entry from our department so we quite regularly discussed each others progress and different sports we all tried."

The challenge was developed by West Sussex County Council's Public Health team. People who are physically active have a lower risk of many chronic diseases, such as heart disease, Type 2 diabetes, stroke and some cancers. It can also boost self-esteem and mood, and reduce the risk of stress, depression and dementia.

Working this well be winning for a third year in 2017 - keep a check on the website to see who takes on regular totals part



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Chichester Downs Syndrome Group to receive a year's worth of support from Sainsbury's Chichester



SAINSBURY'S CHICHESTER has announced that Chichester Downs Syndrome Group will receive a year's worth of fundraising and awareness support. The charity has supported the group since it started in 2011 to provide support for families of children with Downs Syndrome. There is currently about 30 families in the local group whose children range from 5 months to over 24 years and they will be the first Local Charity for the Chichester area.

The nation's Local Charity Scheme is now in its sixth year and gives businesses the chance to vote for their favourite local charity to be considered to receive a year's worth of support from their Sainsbury's store. The scheme has received over 55

million to support local charities across the country.

The Chichester Store, situated at Northampton Road, has had great success in supporting previous local charities and last year raised £10,500 for The Forst. The charity will be seen; the money towards a large swimming pool and changing table.

Customers had a huge say in the year's announcement and voted in store and online between May and 8 June. The store colleagues then decided that Chichester Downs Syndrome Group were the best charity for the store to make a real difference.

Rebecca from Chichester Downs Syndrome Group said: "We know for years that the Local Charity

partnership has brought so many changes to Chichester, so when we received the news, we were thrilled. We hope the partnership will help raise awareness of our cause to the store's customers and will help in developing the important services we provide to the community."

Sainsbury's Key Customer Store Manager at Chichester, said: "We've had a great response from our customers this year, both through in store and online votes. We're delighted to have chosen a charity which touches many of our colleagues' hearts. We will now be working closely with the charity to ensure they really benefit from being our Local Charity for the next 12 months."

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Covers encourage more businesses to get involved and join the Parklands Big Build

CONVINE TIMBER, and Builders Merchants, with a depot on Quarry Lane, Chichester, at the first local company to sponsor the Parklands Big Build project.

Chichester College's student enterprise society, Epave Young, together with Hyde Housing and Bishop Luffa Glass Residents' Association, have been working hard to create a fantastic new playground for residents of Parklands, Chichester. In order to build the project as the Big Build style project, the team needed to raise around £20,000. The majority of this has come from grants the project has been fortunate enough to receive, but the remainder relies on local businesses, such as Covers, to step up and make a real contribution.

Lianne Ogden, Project Coordinator and Lecturer at

Chichester College, said: "This project has been a bit of hard work but all the hours put in are finally starting to pay off. Very few of the Parklands residents have gardens but thanks to the donations of some second hand by Hyde Housing, the donations of Chichester College students and sponsorship from local businesses, the new playground will provide a much needed space for children of all ages and their parents. We have managed to source lots of great items including a slide, climbing frame and two sets made by the college's carpentry students, while at the same time creating space for parents to meet and relax."

To help provide the final funds needed, Lianne is visiting local businesses to sponsor the playground. To thank the companies for their support and

generosity, each company's name will be displayed within the park. Covers were the first to come on board and help in the way of some purchased equipment.

Murray Cook, Covers Chichester Depot Manager, said: "At Covers, safety is incredibly important and we understand how important it is to spend precious moments together, especially outdoors. The playground is a major job and we are proud to be part of the project."

Epave Young, Hyde Housing and Bishop Luffa Glass Residents' Association will be visiting local residents and businesses to join them for the grand opening of the playground in a summer like style party in September.

For more information about sponsoring the project and purchasing a plaque, please email business@chichester.ac.uk

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Celebrate a decade of the Get Active Festival

IF YOU'VE BEEN BORED BY the Commonwealth Games, then look out for the popular Get Active Festival which takes place in Chichester on Sunday 7 September 10am - 4pm at Oslands Park.

Get Active will be celebrating ten years of encouraging people across the district to take up sport so that free festival promises to be bigger and better than ever.

With more than 40 local sports and nine clubs from across the district heading there a-broad to demonstrating that will how adults and children bonded, whatever their age or ability.

10-year-old Holly Withers started training with St. George's Boxing Club as a direct result of attending the Get Active Festival last year.

Her mum, Tracy Sheehan, said: "Holly's very sporty anyway. We went along to Get Active, and she tried lots of different sports such as archery, gymnastics and the climbing wall. She tried boxing and thoroughly enjoyed it."

"Gerry Lenthall, the coach, said she had some natural ability and to come along but she couldn't at last night because she was playing football with friends and I was afraid to see her. She was going to see how Holly would love it."



girl's team. She went along when the season finished and she loved it even more."

"Holly wants to do the box-

ing every night, and she has high expectations. She was watching the Commonwealth Games recently to see how Holly would love it."

to represent England. We'll take it as it comes though - the main thing is that she enjoys it."

Get Active is a brilliant event - children can try lots of different sports, and sports you wouldn't normally think of.

Activities on offer include rifle shooting, darts, fencing, canoeing, badminton, cricket, rugby, tennis, boxing, martial arts, aerobics from CHIT (Chichester Health Improvement Trust).

A partnership sports area will give everyone the opportunity to try sports such as football and tennis.

This year's festival also includes the return of the popular play zone, the gross zone, free mini health checks, an emergency exercise zone, fun activities, arts and crafts and a mobile climbing wall.

The Get Active Festival was developed as an Olympic Legacy

event and the idea is to help people of all ages and abilities find an activity they can enjoy in the future.

Edwin Lenthall, Cabinet Member for Wellbeing and Community Services, says: "It's wonderful that our Get Active Festival is celebrating its tenth year. This is a very proud moment and we hope the event will continue to be successful in inspiring people of all ages and abilities across the district."

People will also be able to sign up to the sport and leisure team's regular email newsletters about future opportunities.

The event couldn't run without the support of the community, so the council is also looking for a team of volunteers to help make the event a success.

For more information about the festival or to volunteer please call Chichester District Council on 01243 534775, email: community@dc.gov.uk or go to www.districtcouncil.gov.uk

What's On in your local area...

- Celebrated Manchester based theatre director, Roger Allwood, is directing the *Arcaid's* Players production of *Pygmalion* on Parade, written by Peter Nichols with music by Denis King as part of this year's *Arcaid's* Festival.

Performances on Parade appear at the *Arcaid's* Players Theatre, London Road, Arcaid, SO10 1FA on Saturday 1 August until Saturday 14 August, starting at 7pm. Tickets cost £4 and are available by calling the *Arcaid's* Players box office between 10am and 5pm on any evening.

According to Roger: "Pygmalion is a comedy with a very much more serious side, with some music and a good account of just what a successful play it was based on the author's real life experience in 1914, in Birmingham and Wales during the movement for women's suffrage."

The play, which centres around language and social status, was first performed by the Royal Shakespeare Company at Stratford-upon-Avon and later transferred to the Aldwych Theatre in London where it was

an *Arcaid's* Award for best live comedy.

Roger, who has enjoyed many years as an professional director both in the industry and internationally, said: "I hope the audience will appreciate and enjoy the real music hall humour and that the mix of comedy and music will be a real treat for everyone."

For any further information about the *Arcaid's* Players visit www.arcaidsplayers.org.uk

- Following a highly successful debut in 2008, *Arcaid's* Children's Festival will be even bigger and better the night after, which takes in the three parts of the *Arcaid's* Valley near Chichester, open for three and a half of the glorious Goodwood Estate and covers some of the most stunning scenery in the South Downs National Park.

The Valley Challenge is supported by local business companies and hosts of the over 100 popular *Arcaid's* Workshops, *Arcaid's* Play Zone, *Arcaid's* Theatre, *Arcaid's* Food Zone, *Arcaid's* Book Zone, *Arcaid's* Music Zone, *Arcaid's* Art Zone, *Arcaid's* Sports Zone, *Arcaid's* Games Zone, *Arcaid's* Crafts Zone, *Arcaid's* Science Zone, *Arcaid's* History Zone, *Arcaid's* Nature Zone, *Arcaid's* Health Zone, *Arcaid's* Learning Zone, *Arcaid's* Discovery Zone, *Arcaid's* Adventure Zone, *Arcaid's* Challenge Zone, *Arcaid's* Fun Zone, *Arcaid's* Games Zone, *Arcaid's* Sports Zone, *Arcaid's* Music Zone, *Arcaid's* Art Zone, *Arcaid's* Science Zone, *Arcaid's* History Zone, *Arcaid's* Nature Zone, *Arcaid's* Health Zone, *Arcaid's* Learning Zone, *Arcaid's* Discovery Zone, *Arcaid's* Adventure Zone, *Arcaid's* Fun Zone, *Arcaid's* Games Zone, *Arcaid's* Sports Zone, *Arcaid's* Music Zone, *Arcaid's* Art Zone, *Arcaid's* Science Zone, *Arcaid's* History Zone, *Arcaid's* Nature Zone, 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Food & Drink

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Should alcoholic drinks carry health warnings?

HEALTH WARNINGS on alcoholic drinks should be introduced to combat problems leading a parliamentary group says.

The All Party Parliamentary Group on Alcohol Misuse and Abuse stated when asked the harmful effects of drinking.

It wants parliament to consent to an amendment to increase alcohol related problems in the UK - including ending the drink-drive limit.

The government and it was working to reduce excessive alcohol consumption and tackle sales of cheap alcohol.

The amendment, however, written by the group says "Health warnings are a familiar and proven device on all tobacco products. Likewise, detailed nutritional labelling is widespread on food products and soft drinks."

"The consumer information on alcohol products usually exceeds that on the tobacco strength and use content."

"In order to inform consumers about alcohol risk, every alcohol



label should include an embossed health warning as well as describing the product's nutritional, alcohol and alcohol content."

Among their recommendations, the MPs call for a reduction of the drink drive limit, the strengthening of regulations surrounding alcohol marketing, and the introduction of a mandatory maximum price per unit for alcohol.

They also recommend a national public awareness campaign on alcohol related issues, training for social workers, nurses and healthcare professionals and to make alcohol treatment available to 95% of problem drinkers compared with 45

currently. Conservative MP Tracy Crouch, chairman of the All Party Parliamentary Group on Alcohol Misuse, said: "The facts and figures of the scale of alcohol misuse in the UK speak for themselves - a conflict resolution year on alcoholism hospitalised due to alcohol, liver disease in three under 40s has more than doubled over the past 10 years and the cost of alcohol to the economy totals £1bn."

"Giving political parties to actually consent to these measures will be a massive step in ending the huge public health issue that alcohol is."

Jodie Bellard, chair co-ordinator of

Alcohol Concern told the BBC anyone not wanted to tackle the issue of alcohol misuse.

Alcohol Concern's Jodie Bellard said: "There is a clear cultural education and knowledge."

She said: "Alcohol is related to about 100 different health conditions. People drink about four times as long as they should be drinking."

They don't think about increased blood pressure, increased risk of stroke heart attacks, liver cancer.

"So we're talking about a major problem. The MPs in the report describe it as a pandemic."

However, Sarah Hinchey, deputy chair of members of the National Group, which was established by the UK's leading alcohol producers to promote responsible drinking, said: "The government's recommendations are a step too far."

She told the BBC there should be "proper" health warnings on alcohol packaging would be a "step too far."

"I think there's too much information on there for people. The industry

hasn't been doing considerable amounts of work in terms of voluntarily putting the government's problems on alcohol."

"Just look at the back of your label and you'll see things like the number of units in a drink, the drink alcohol content guidelines and all sorts of other information that we have for consumers," she said.

It comes as Ministers debate the health minister Hilary Jones says there is a need to also be changing laws to protect children from A&E as a result of alcohol or drugs.

A government spokeswoman said: "We are taking action to reduce excessive alcohol consumption and to give people better information about the impact drinking can have on your health."

"Through our Responsibility Deal, the drinks industry has committed to putting unit and health messages on both of all bottles and cans and we have banned alcohol sales below the level of dry plus 10% to tackle the worst cases of very cheap and harmful alcohol."



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Win a meal for 2 at Murrays




Chichester Herald in partnership with Murrays is giving away a delicious meal for two people - worth £12.95.

The Chichester Herald will be running a "Win a 2 course meal" competition sponsored by Murrays, an exclusive restaurant, every week where you have to guess the right answer to the question: "What is the name of the restaurant in Chichester?"

For your chance to win this amazing prize, please answer the following photo conundrum:

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Dinner, drink and 10 minutes of entertainment. The competition is for one winner who wins a 2 course meal for two from the first five names. There is no cash alternative to winner and no reimbursement by Murrays. Every Wednesday evening there will be a prize draw. The last winner should win a £1000 cash prize.

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First steps back with 'parkrun'

I haven't run since April when I completed the London Marathon with a very painful knee. When I was asked to go it sounded great I felt excited. I asked how long should I give it to complete run for? The answer was 'until it is better! Great! It had some getting used to not running, even to the point where my children were running and I was on my bike. It looked really tough and as it was crucial to children, as people passed the adult (me) slowly taking the idea of starting encouraging remarks to



Denise Kelly

has been a member of the club since 2010

the children. For many years in our family it has, it means less the other way round, but not only can the children run with me, they can run faster, and probably longer. I'm happy at the thought of never



looking up with the little speedster again.

Anyway, last Saturday, a friend was asked to go to the parkrun, in Chichester Park, Chichester. This was something I was very aware of in London, as several of us would take part with their families, but I didn't know it was here in Chichester. Apparently last Saturday was the second event. It had a good time and what I love about it so much is that it encourages all ages, all abilities and types of runners to run together. It was a really lovely ride and a great feeling of achievement.

So what is parkrun?

Parkrun is a free, weekly, five-kilometre race all around the world. They are open to everyone, free of charge, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and they actively encourage people of all abilities to take part, from those taking their first steps in running to Olympians, and from parents to those with more experience. Everyone is welcome.

So, as my son nearly tripped me, I tripped! I just had to let it go! that I was no longer faster than him. Considering we were supposed to run it together and he stayed with me for all of 10 seconds at the very beginning of the run, it was still an amazing feel good run to stretch me, with me, back into the running world again.

This is the information you will find on the official Chichester parkrun website. Come along any Saturday and give it a go, it's a fantastic social event that I am now growing into something very special.

What is Chichester parkrun?

It is a five-kilometre race that you can do at the Chichester Park, Chichester, West Sussex.

When is it?

Every Saturday at 9 am.

Where is it?

The event takes place in Chichester Park, Chichester, West Sussex.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get something healthy and energy Denise does provide consultations in their offices in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her at: denise@denise.co.uk or [01243 777881](tel:01243 777881) or [01243 777882](tel:01243 777882).

Stress and anxiety relief

CAN YOU imagine your life without stress? Any level of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child, living with them, some stress and anxiety.

Anxiety is a common and effective treatment for stress relief

and is becoming increasingly popular.

Through combining acupoints with moxibustion, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. You will find relief from your physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel relaxed and energised.

More importantly, regular acupuncture treatment is said to strengthen your body and improve the body's immunity, so you're able to deal with the day to day stresses of life more effectively.



A patient under Dr. Feng Wang's treatment.



Dr. Feng Wang and Susan Wang.

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles. However, acupuncture (needles) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat an condition can actually help detect another, more serious illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/needles is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily

basis.

What does it cost to join us?
Nothing! It's free! But please register before your first run. Only our regulars with parkrun ones. Don't forget to bring a printed copy of your barcode (quest a reminder) if you forget it, you won't get a time.

How fast do I have to be?
We all run at our own pace. Please come along and join us whenever you need.

Chichester parkrun needs you! It is entirely organised by volunteers - email chichesterhelp@parkrun.com to help.

Help needed!
Every week we grab a postcard from our friends in Chichester, local organisations make the Right Club in the north-east corner of Chichester Park - please come and join us.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get something healthy and energy Denise does provide consultations in their offices in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her at: denise@denise.co.uk or [01243 777881](tel:01243 777881) or [01243 777882](tel:01243 777882).

lowa, thereby enhancing their life to help you enjoy a happier and healthier life.

Dr. Feng Wang is an acupuncturist of the NCCA and has been practicing his profession for over 30 years. He has been volunteering at Chichester Park in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester city centre.

Harmony Acupuncture Clinic, 4 The Chambers, 41 Chapel Street, Chichester, PO19 1DL. 01243 777881 www.harmonyacupuncture.co.uk. Free consultations and free parking.

Fashion & Lifestyle

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Prudent cupid: being sensible with money the way to a woman's heart

FORGET A SIX PACK, a bigging pay packet or an Oxford degree - British women believe being responsible with money makes a partner more attractive.

According to research from Experian, the global information services company, three quarters of British women (75%) say financial responsibility is an attractive quality in a partner - on a par with their appearance (74%) and more important than appearance (65%), education (47%) and background (46%). Only a good sense of humour (39%) is rated as more attractive.

But the research should not be interpreted as suggesting men are only interested in the size of a partner's pay packet. In the century, women ranked wealth (60%), salary (54%) and occupation (53%) the least in importance that, therefore, the same life goals (56%) and family plans (54%) when choosing a partner.

British men, too, may not promise a sense of financial responsibility to the same degree (55% - 30 points lower) - but last slightly more towards appearance



(45% - 100 points higher) - but being responsible with money is nevertheless considered more important than a partner's education (46%) or background (46%).

Men also put less importance on a potential partner's wealth (46% - three points lower), salary (35% - nine points lower) and occupation (34% - 12 points lower) than their female counterparts - although there is a notable discrepancy between the scores in that area of the importance of life goals (45% - 14 points lower) and family plans (46% - 10 points lower), which could be a potential cause of friction.

Financial prudence is of even greater importance across the pond as 95% of married couples surveyed in the US said that being financially savvy was a key factor for them in choosing their spouse, compared to 81% of married British men in 1996 (50%) also said that credit scores were important to them, compared to just 14% of UK counterparts. The US couples also put far greater stock in their partner's physical attractiveness - 86% rated this as important, compared to 46% of Brits.

The importance of financial compatibility when it comes to playing Cupid is evident in British

couples' approach to their joint finances. 76% claim they make all key financial decisions together, and 80% agreed more than an average of 1996 to conduct their other life's affairs.

Where financial harmony is lacking, the consequences are no laughing matter, with 60% of respondents admitting to having had arguments with their partner over money (56% regularly), with over spending accounting for half of all cases (50%).

More seriously, stress is a common (51%) has had to postpone taking out a joint credit agreement, such as a joint mortgage, because of one partner's credit score. And additional Experian research has shown that 87% of Britons have seen how or their partner's credit score has changed through their relationship.

When couples' finances become linked through joint financial agreements - such as a mortgage - their credit scores become linked. If one partner has less than perfect history of managing money and repaying debt, it therefore could affect the other's chances of getting

credit in the future and at the best rates. Among those couples whose credit scores had been affected by their relationship:

• 60% found getting a mortgage more difficult or expensive

• 65% were unable to secure one

• 70% were unable to get a credit card

• 65% were unable to take out state credit

Julia Coleman, Managing Director, Experian Consumer Services, commented: "Talking about money and especially debt can be difficult for some, but if you and your partner have hopes and aspirations together for the future, understanding your financial history, in a really good starting point in making your dreams for the future."

"Financial responsibility can be an important part of a successful relationship. Using the information in your credit report and your score can help you plan a future together, be it buying your family home or starting a family."

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CRAIGWELL PRIVATE ESTATE £758,000

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CRAIGWELL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private reserve estate around 350 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kitchen/diner, utility room, an unusual curved staircase and landing, master bedroom with an en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear LPG Rating: D



ALDWICK BAY ESTATE £570,000

A spacious three storey house situated in a quiet cul-de-sac close to the beach. The property features a large open plan living area, a modern kitchen, a large master bedroom with an en suite bathroom, a family bathroom, a study, a utility room, a double garage, a driveway, an electric carport and a garden including a detached double garage and gardens including a South facing rear LPG Rating: D



ALDWICK BAY ESTATE £515,000

A well presented detached house situated in a quiet cul-de-sac close to the beach. The property features a large open plan living area, a modern kitchen, a large master bedroom with an en suite bathroom, a family bathroom, a study, a utility room, a double garage, a driveway, an electric carport and a garden including a detached double garage and gardens including a South facing rear LPG Rating: D



COLTS BAY

£495,000

A well presented detached house situated in a quiet cul-de-sac close to the beach. The property features a large open plan living area, a modern kitchen, a large master bedroom with an en suite bathroom, a family bathroom, a study, a utility room, a double garage, a driveway, an electric carport and a garden including a detached double garage and gardens including a South facing rear LPG Rating: D



ALDWICK BAY ESTATE

£370,000

A well presented detached house situated in a quiet cul-de-sac close to the beach. The property features a large open plan living area, a modern kitchen, a large master bedroom with an en suite bathroom, a family bathroom, a study, a utility room, a double garage, a driveway, an electric carport and a garden including a detached double garage and gardens including a South facing rear LPG Rating: D



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UK new car sales rise for 29th month



The top three best-selling cars in July 2014 in the UK are the Ford Focus, followed by the Ford Fiesta and the Vauxhall Corsa.

BRITAIN'S APPETITE for new cars was reawakened in July, with sales rising sharply for a sixth month, prompting a second upward revision to the full-year forecast.

The number of new cars registered last month jumped 5.6% to 170,000, according to the latest run of growth for the industry's new car monthly figures in 2014, according to

the Society of Motor Manufacturers and Traders (SMMT). It compared with a 0.6% increase in June.

Previously high demand for new cars has taken the trade body

by surprise, prompting it to revise up its forecast for 2014 for the second time this year.

The SMMT now expects sales of new cars to increase by 3.8% to 1.64m, underpinned by cheap finance deals and a better than expected economic backdrop, with unemployment falling faster and consumer confidence at higher levels.

It last upgraded its forecast to 1.6m in May, and back in January it was forecasting new car sales of 1.5m, up 1.6% on 2013.

Mike Harris, SMMT chief executive, said: "July saw the new car market return to the record period of growth, as confident consumers took advantage of an array of new products and attractive finance deals, the latest fuel-efficient new cars."

July's increase pushed new car sales up to 15 in the year-to-date, to 1.5m vehicles.

The top three best sellers in July, and in 2014 so far, were the Ford Fiesta, followed by the Ford Focus and the Vauxhall Corsa.

Paul Hollingsworth, at Capital Economics, said that outlook for the UK's new car market looked good in the short term, as consumers who decided not to buy a car during the financial crisis were responsible for some of the demand.

He noted elevated consumer confidence and a strong pound - which makes car exports cheaper - were also likely to underpin demand in the short term.

Hollingsworth cautioned, however, that the longer term prospects were less rosy because of Britain's young population.

Demographic trends are likely to dampen spending. Although spending on cars is typically quite strong among the early elderly, it tends to fall significantly for those aged 35 and over. Accordingly, the UK's ageing population does not bode well. In addition, there appears to be less of an interest for car ownership among the so-called Millennial generation of young people.

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Football

City take bragging rights

Tuesday 13 August 2013
Bosco County League Division One
Chichester City 3-1 St Albans

ON A WARM evening at Oaklands Park the home team enjoyed their first 3 points of their season.

Selby started the game with a high tempo and caused Chichester a few problems early on. Some neat play from the Selby midfield in the sixth minute led to a shot from distance which Anthony Foster dealt with down to his right. Selby continued to attack and created another chance down the left as the eighth minute but this was blazed high and wide of Foster's goal.

Chichester's only chance as the first half was a powerful drive from debutant Alan Forde in the eighth minute. Also down out from the back and produced a strong shot straight at the Selby keeper.

Chichester started to get into the game and controlled the midfield. Trevor Smith and Lewis Edwards were able to pick up well down the left.

In the second half Chichester got out of first gear. Chichester started to pass high up the pitch causing Selby to make mistakes at the back. In the eighth minute, after all the play, Trevor Smith found himself in space and slotted home his first of the season.

Chichester continued applying pressure, playing football in Selby's half. This allowed Tom Gorton to get into the game more. Gorton's pace and movement was causing problems at the back for the home side. In the eighth minute two of Chichester's new signings increased the lead. A powerful run and sweet shot from Tom Hall could only be parried into the path of Graham Smith to finish in style.

Chichester took their foot off the gas with 20 minutes to go allowing Selby to produce their best passage of play. In the third minute a powerful shot from 30 yards from the Selby midfielder was flying in to the top corner before Foster produced his save of the match. In the sixth minute Selby reduced Chichester's lead. Near play down the Selby right, lead to the ball being shifted across the face and fired home for 10 yards. This lead to the game opening up for the next 15 minutes until Chichester killed the game off with a 3rd goal in the last minute. A superb delivery into the box was converted by the head of Harry Gilbert but the ball only managed to hit the bar before Alan Forde was on hand to put it into the net.

Tennis

Guest picks up the gold



CHICHESTER RAGBETTS & TENNIS CLUB hosted a 4th County Tour event last Sunday (10 August). The grade 5, mixed singles, junior tennis tournament was the latest event to be staged at the Club in the shortest summer competitive season. It was opened with a mixed singles format, with matches comprising best of three tie-breaks to seven points with two points down. The top two players from

each group progressed to the semi-finals. All other players received additional consolation matches.

Third place and a bronze medal went to Elliot White, who beat his twin brother Mark White 9-7, 9-7. Both players play for teams at the Portsmouth Tennis Academy. Ben Wilson, a member of Chichester Rumpets & Poppers Club, was runner up and collected the silver medal after losing to Connor Clark, a very interesting final 6-4, 5-6 to pick up the gold medal.

Tournament organiser and Referee Peter Cook said: "Lucky the rain held off for, unfortunately, it was an extremely heavy day on court today, so boys could mean go to the players who sustained a very high standard of play throughout."

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